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Keynote Title: "The Unstoppable Leader"

Release the pressure of being unstoppable at any cost by transforming the inner critic that drives it, and step into aligned, courageous leadership that is grounded, intentional, and sustainably unstoppable.

Abstract:

In today's world, many leaders and high-achievers are celebrated for being "unstoppable"—the ones who push through, keep going, and rise again no matter the cost. But behind that strength often lies a quiet truth: the overwhelm and burnout. The drive to be unstoppable is fueled less by confidence and more by fear. Fear of slowing down, losing credibility, or letting go of the identity that has earned recognition and love.

At the center of this struggle is the inner critic. When unchallenged, it fuels pressure, self-doubt, and the belief that worth comes from performance rather than authenticity. This creates leaders who look strong on the outside but feel overwhelmed on the inside.

This keynote reveals a new way forward: how to transform fear-driven unstoppable into aligned, intentional leadership that is grounded, resilient, and deeply effective. Through the lens of mental fitness, you'll learn to interrupt the inner critic, access self-command, and lead from your true self rather than from survival patterns.

By the end of our time together, you'll know how to honour your unstoppable nature *without losing yourself in the process*—and how to lead with clarity, presence, and impact in every area of your life.

"...the 'masks' came off, the work-titles dissolved, and people began sharing with each other at a very intimate level." — Linda Lewis, Manager

"...hope was renewed, and my passion for nursing reignited! I now view challenges differently and leave work now knowing that I did my best! I've also learned to be good to myself, which has brought more balance to my life. Thank you, Liliane!!!"
— Paula Chamberlain, RN Unity Health Toronto

Learning objectives:

- **Identify** the hidden reasons we cling to our "Unstoppable Power" and how the inner critic fuels it.
- **Learn** simple mental fitness exercises that interrupt survival-driven patterns and strengthen self-command.
- **Discover** the ability to lead from aligned, intentional presence rather than pressure or fear.

References:

Jolene Fadyshen - Lakehead Operating Room Nurses Association - Thunder Bay Regional Health Sciences: fadyshej@tbh.net
James Voulakos - Centre for Business, GEORGE BROWN COLLEGE - jvoulakos@georgebrown.ca